



Sustainability
Mindset
Indicator®

**/REPORT
PREPARED FOR:
maren lalani
09/Jan/2024**

Welcome to your Personalized Report. This Report is based on your selections on the SMI. It is meant to be a personal development tool, to highlight aspects of your understanding, behaviors and feelings related to your Sustainability Mindset (SM).

You will find observations that you may identify with, others that you vaguely recognize, and others that perhaps don't resonate with you. Keep what you need and what makes sense to you.

You will also find questions to consider, suggestions for things you can try, and information related to the aspects covered in this report, and how these are related to the Sustainability Mindset.

Take your time reading your Report. Pause, take notes, and reflect. It is all about you, and for you. There were no wrong answers in the survey. Only good options and perhaps some that you hadn't thought of.

/WHAT YOU WILL FIND IN THE FOLLOWING PAGES

This Personalized Report is organized into several sections. The first section contains a graph, displaying how the different aspects assessed compare to each other, according to your choices in the survey. Those that occupy a larger area are your stronger ones and the narrower or missing ones are aspects of the Sustainability Mindset that are less developed or absent for you, as inferred from the combination of your answers.

The next section presents personalized descriptions of where you find yourself on your journey towards a Sustainability Mindset, in four clusters: Ecological Worldview, Systems Perspective, Emotional Intelligence, and Spiritual Intelligence.

Within each of these clusters you will find what aspects were assessed, and a graph for each aspect displaying how you connect to this topic, whether intellectually, through your actions and behaviors and/or by engaging your emotions.

If you see some areas missing within the graph, it means that either you selected "neither" for that question and therefore we don't have information to report on, or your answers suggest you don't engage in one or more particular areas (cognitive, behavioral or affective). Similarly, if you selected "neither" for all the questions within one aspect, we don't include a graph, since we don't have information to report on.

Each graph is accompanied by a box with a brief explanation, and you will find much more information in the text to include what your choices suggest, why this particular aspect is key for a sustainability mindset, and questions to ponder and suggestions to try.

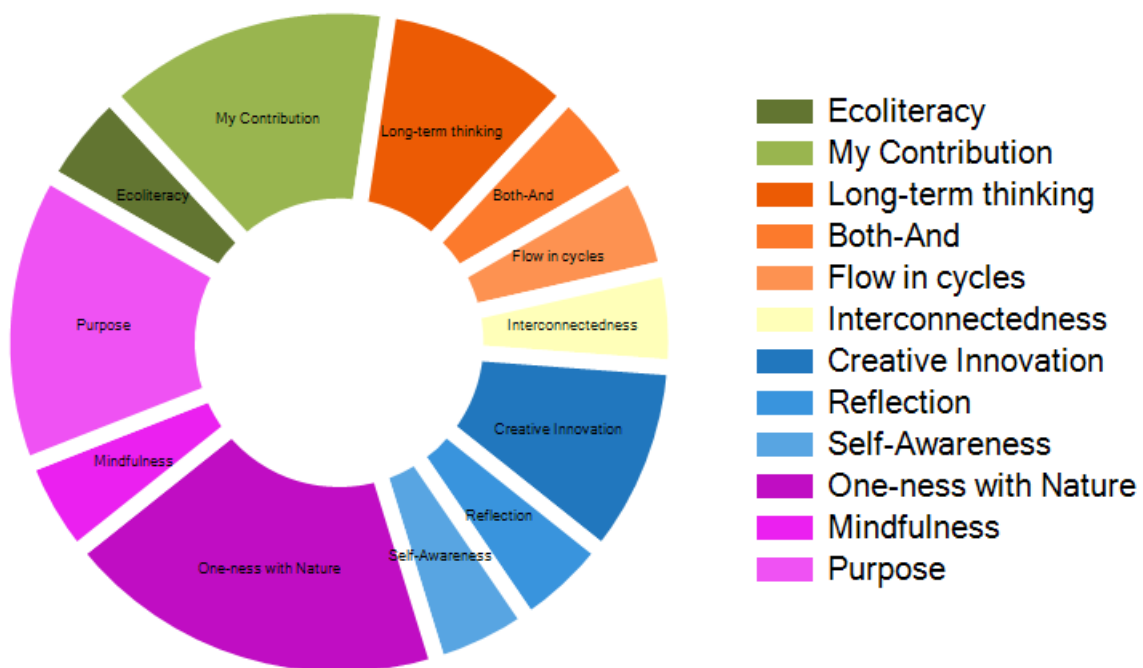
***Enjoy your journey into the realm of the Sustainability Mindset
- a place where you can be your best, for yourself and for the
World.***

The SMI Team

/ Your overall
**SUSTAINABILITY
MINDSET PROFILE**

The graph below shows your personal profile, indicating how – relatively to each other – you have developed your Sustainability Mindset. The wider sections indicate your stronger areas, and vice versa.

If you see some aspects listed in the side box that are not included in the graph, it means that these are areas to be considered more closely. It may be that you didn't feel represented by any of the statements to choose from, or it might be that your reality, context, and/or habits prompt you to think, act or feel differently. You will find further comments in this report about these aspects, exploring their up- and downsides.





/ECOLOGICAL WORLDVIEW

An ECOLOGICAL WORLDVIEW is the result of having an intellectual and affective broad understanding of the planetary challenges, how they are interrelated, and how we are contributing to them.

**/WHAT IS ASSESSED HERE:
HOW YOU UNDERSTAND THE
ENVIRONMENTAL AND SOCIAL
CHALLENGES, AND HOW YOU FEEL
ABOUT IT, AND THE IMPACT ON
YOUR BEHAVIORS.**



What this tells you:

This graph shows only one dimension – behavioral - meaning that you are action- oriented, without much engagement of your feelings and without necessarily thinking about this aspect intellectually.

You might use this information to seek ways to expand your understanding and explore your emotions.

YOUR SMI RESPONSES INDICATE THAT you act in ways that can minimize your ecological or social footprint, and/or help the sustainability of our planet in your daily decisions.

At the same time, in terms of Ecoliteracy, it seems that you are aware of some facts, but perhaps do not see the larger picture of how different data connect or impact each other.

/YOU ARE COMFORTABLE staying emotionally distanced from negative feelings related to the state of our society or our planet.

The benefit is that this saves you from stress, and may help you stay focused on your daily reality. The downside is that you may miss engaging from the heart, and connecting with your deeper values and with others suffering or in need, which can be a very powerful experience.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

We are definitely living in a time of information overload. It is challenging to stay on top of all that is happening, while keeping up with our own obligations and activities. Furthermore, sustainability news tends to be on the negative side, creating doomsday scenarios and scary prophecies that can trigger anxiety, and not precisely inspiring us to act. We may tend to avoid the news because it makes us feel bad, sad, or concerned.

Yet we tend to underestimate our own power and influence in shaping a better world.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE THOSE STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

As a matter of fact, if the challenges we are currently experiencing are a product of past problematic behaviors, then we are also positively shaping the future of the planet with our current mindful decisions and restorative actions.

Understanding the scope of the sustainability challenges, from the environmental and social perspective, can allow you to start noticing linkages, relationships and connections.

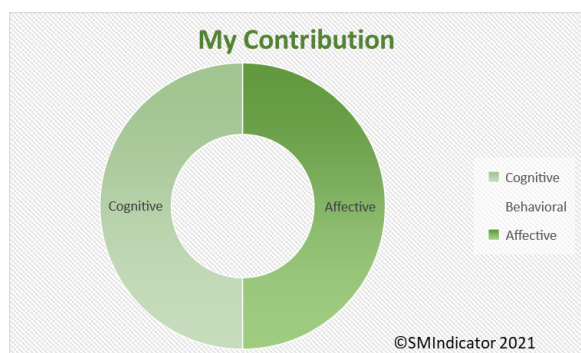
/HOW ABOUT YOU TRY:

The other powerful path is in our emotions. When you allow yourself to connect from the heart with the reality of the news and find small ways to change your behavior, you might feel more present, and have a more fulfilling experience.



Understanding the state of the planet allows us to be more fully aware of the challenges, the complexity of how they are linked to each other, and to explore what it means to us.

**/WHAT IS ASSESSED HERE:
HOW YOU SEE THE RELATION
BETWEEN INDIVIDUAL DECISIONS
AND PLANETARY CHALLENGES, HOW
YOU FEEL ABOUT IT AND THE
IMPACT ON YOUR PERSONAL
BEHAVIORS.**



What this tells you:

This graph shows that your approach to the assessed topic is both cognitive and affective, but you are not necessarily translating what you know and feel into actions. You might use this information to explore new habits and daily changes for a sustainability purpose.

YOUR SMI RESPONSES INDICATE THAT you seem to periodically ponder if you are personally playing a role in the social or environmental problems of the world. Certainly you didn't create the problems intentionally, but you seem to pause and wonder in what ways you may be contributing to them.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE THOSE STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

Because you are a very sensitive person, with an open heart, realizing that you are part of the

problem may bring up feelings of guilt, sadness, despair or anxiety. Yet, are you aware that your ability to connect truthfully to your own emotions is actually a valuable skill that is much needed in the world? Your sensitivity also helps you to feel for others, with empathy and compassion for their suffering. This is a precious quality, although at times it can be difficult to live with it.

/YOU ARE COMFORTABLE WHEN you can convert the emotional energy into actions. But you may think that the problems are too large for you to be able to make a difference. So you hope someone will eventually intervene.

Yet, this perspective also can cause stress, as it assumes we are at the mercy of powerful external forces or individuals.

There may be another way to look at this: What if you could identify small ways in which you realize that you are contributing to the problem, and then, begin to explore changes that are within your control?

Certainly you will not solve the bigger problems, but you may feel more empowered, less at the mercy of others, and playing a role that you may actually enjoy. Food for thought!

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Thinking of how we are personally contributing to the planetary challenges may not be something we do daily. Our demanding lives have many obligations and don't leave much time for reflecting on this. We are busy getting things done!

Yet when analyzing the current un-sustainability of our planet, science has clearly established a link between human behaviors in past decisions and the current problems we face. Much attention is now focused on how to repair the damage done, and how to restore damaged, depleted or endangered resources. Scientists and

entrepreneurs study how to minimize current or future problems at the environmental or social level, and how to innovate to avoid negative impacts into the future.

If we collectively influenced the place we find ourselves in now (with all of its problems), that means we also hold the key to influence where we will collectively be in the future – we meaning humankind at large, or, from a closer perspective, our families, children and grandchildren.

/HOW ABOUT YOU TRY:

What if we could develop the habit of asking ourselves periodically: how am I contributing to this problem? This question opens a path of inquiry, which automatically leads to expansion of our consciousness. We become more alert to take notice, and thus more open to try out new behaviors.

This same question, by the way, is also a powerful tool that can improve our relationships and interactions with others! So often we focus on what others are doing unto us, which leaves us powerless. When we learn to pay attention to what is our role in the problems we endure, we regain control and can actually do something.

Actively thinking about your contribution is definitely an important milestone in your personal development, with planetary implications.



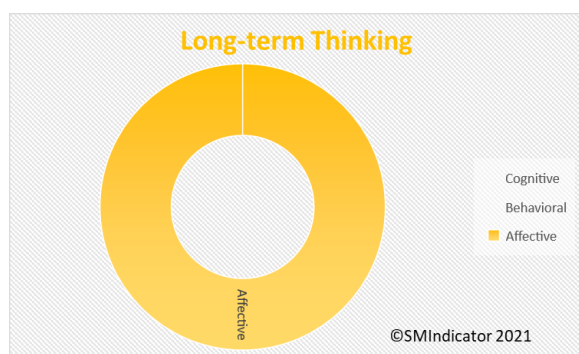
When we identify the ways in which we are unintentionally contributing to the problems, we have a chance to do something about them. It also expands our consciousness, and develops social sensitivity.



/SYSTEMS PERSPECTIVE

When analyzing information and making decisions a SYSTEMS PERSPECTIVE has a major impact on the sustainability of our actions.

**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT THE LONG-TERM IMPACT WHEN ANALYZING AND MAKING DECISIONS, COMPLEMENTING SHORT-TERM THINKING; HOW YOU FEEL ABOUT IT, AND THE IMPACT ON YOUR BEHAVIORS.**



What this tells you:

This graph shows only the affective dimension, meaning that your predominant tendency is to connect emotionally with this aspect, without necessarily engaging in related behaviors or fully comprehending it. You might want to try and expand your understanding and also explore how you might make a small difference every day.

YOUR SMI RESPONSES INDICATE THAT you are a sensitive person who seems to worry about the long-term impact that your decisions or lifestyle may be having on the planet. It is difficult to live with this feeling!

In addition, the world around you tends to live more in the moment, focusing on the tangible and the short term and acting as if there were no such thing as a long-term impact. You are aware of this, and thus you seek to extract from the problem quickly.

/YOU ARE COMFORTABLE letting your pragmatic side take over when solving a problem, and you focus on the short term because it seems more concrete and functional. It saves time (or so it seems).

You are a good problem solver – looking for quick and efficient ways to address a situation. Acting promptly is important for you, and it provides you and others with a sense of control and direction.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

That said, this same decisiveness may impede the consideration of long-term impacts of the solution proposed, which could mean sustainability issues in the future. Much of the unsustainability problems originate in the focus on the short term when making decisions!

For example, what might be some long-term consequences on sustainability of a purchasing decision you recently made? What would your latest decision look like if you would have considered those potential long-term impacts?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

There is a tacit pressure to act promptly and focus on that which needs immediate attention. This is very important, and there are many circumstances where this way of responding is the optimal, or even the only one that matters. A fire in the house, for example. We can sense the urgency and it is not a good idea to pause and reflect on the long-term implications of the fire.

But for many daily decisions, the context is different, and yet we still prioritize short term thinking, often without even pondering any

medium- or long-term impacts of what we are doing. The stream of life, our colleagues, perhaps everyone with whom we interact takes for granted that we “all” act this way.

On the other hand, with greater understanding of the social and environmental problems we are facing, it has become clear that the law of cause-and-effect is always at play, even if not immediately obvious. In other words, the consequences of our daily actions do have impacts - some over time, some just in a different geography, and many on both.

As with other aspects which are key for a sustainability mindset, it is not a question of choosing one over the other, but a matter of balancing both views and taking both time horizons into account.

/HOW ABOUT YOU TRY:

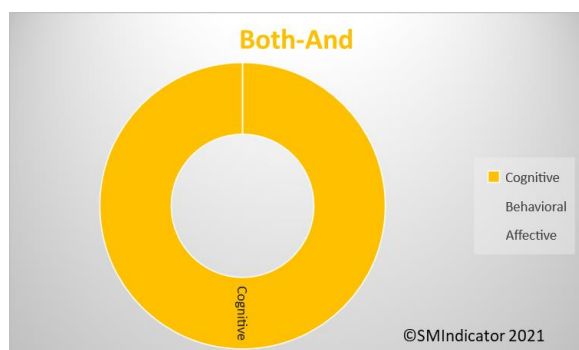
This mental habit expands our consciousness, as we become more aware of the way we are impacting others and the world. Not thinking about this doesn't stop it from happening. Stretching our imagination to consider potential impacts across time helps us make better decisions, and play a more active role in shaping a better world.

It takes practice to develop new mental habits, but they too, can have long term impacts – for the better. It is thanks to people with your level of sensitivity that changes happen in the world. What will you do?



Every action has consequences that are not immediately visible. Considering the long-term when analyzing situations and making decisions has a positive impact on global sustainability.

**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT AND DEAL
WITH AMBIGUITY AND PARADOXES,
HOW YOU RECOGNIZE DIVERSITY,
FEEL ABOUT IT AND ACT TOWARDS
IT.**



What this tells you:

This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.

YOUR SMI RESPONSES INDICATE THAT you know that it is important to listen to others' perspectives, and to find solutions that can accommodate diverse needs, even compromising what is important to one or the other.

At the same time, you are a pragmatic person that likes clarity in life. You feel most comfortable with clear choices - black and white options - and find a sense of stability and reassurance in holding onto your values and your worldview.

/YOU ARE COMFORTABLE when faced with a new situation, you are able to rapidly frame it within what you have learned is "right" or "wrong." This useful for avoiding gray areas, although you may miss understanding the complexities of a situation.

There may be a tension between your understanding of the importance of inclusion, and your behaviors prioritizing right/wrong distinctions. Your choices in the questionnaire indicate that you may feel a certain tension, as you realize that you may be perceived as not being very inclusive. The point is that your heart remains true to values you were taught and respect.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE THOSE STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

Because much of the world is changing, you may feel compelled to be more understanding with others' perspectives, but this doesn't come easy to you and you may feel frustrated or impatient.

Of course you wish there would be a solution that might make everyone happy, one that accommodates diverse ways of seeing the economy, ecosystems, the human race and the planet, but you don't think this may be realistic.

/HOW ABOUT YOU TRY:

Here is a question to consider: Can you think of an event or situation, however minor, where someone with a different opinion was able to step into your shoes? How did it make you feel? How did it impact your attitude and your behavior?

What if we could shape a world that makes room for different perspectives? Where you

acknowledge others' points of view, and yours are also included by others? Since we cannot control what others think or do, but do have control over our own way of thinking, there may be an interesting path worth exploring here.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Many of our world's sustainability challenges originate in choices such as: "either the planet or the economy" and "either protect the wolves or the farmer." Yet, *either-or* choices can be misleading, and have us believe there are win-lose solutions that work. But do they really? If the cost is high, do they still work? When we find ourselves in a situation where we see it the right way, and others are wrong, what may we be missing that these others are seeing? How could we all benefit from having a fuller picture?

It seems that today, more than ever, we are collectively being confronted with paradoxes and ambiguity. Increased transparency and access to information from around the world makes us aware of very different ways of thinking, being and acting with which we may not agree or be comfortable. Challenging as this may be, there is a benefit to it: We are becoming aware of our own worldviews just by realizing that there are other ways of seeing and feeling. This is an evolutionary insight of great value, the foundation for more peaceful societies.

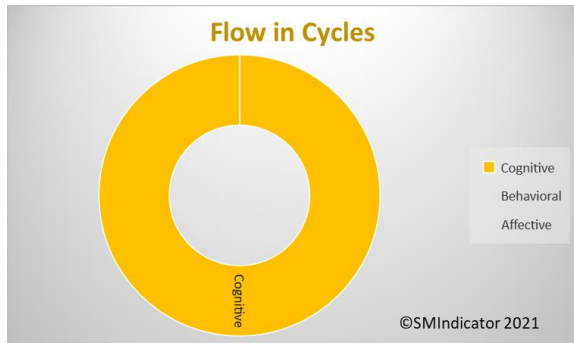
In a way, life is prompting us to expand our understanding and our scope of caring, which go hand in hand. When we understand something, we can begin caring.

This is the start of a better world for all.



Both+and thinking allows us to understand paradoxes, and calls for creative solutions that are inclusive of all stakeholders.

**/WHAT IS ASSESSED HERE:
HOW YOU BALANCE YOUR CAPACITY
TO ANALYZE AND PLAN WITH THE
UNDERSTANDING OF NATURAL
CYCLES, AND MAKE THEM PART OF
YOUR MINDSET.**



What this tells you:

This graph shows only one dimension – cognitive - indicating that you have knowledge about this aspect, without necessarily engaging your feelings. You might use this information to explore your emotions.

We don't have enough data to report on your behaviors related to this topic.

YOUR SMI RESPONSES INDICATE THAT planning gives you a feeling of being empowered and in control.

This is a good sensation as it avoids the stress of uncertainty. You seem to derive a sense of fulfillment and satisfaction when you achieve the goals you set for yourself.

At the same time, you are aware of the commonly shared belief that humans are the most intelligent species, the apex of creation, with the intellectual ability to control nature. And you have come to realize this assumption is most frequently contradicted by reality, particularly when we think in a linear way, acting outside the cycles of Nature.

We cannot comment on how you act based on this understanding, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

**/THINK ABOUT HOW YOU CAN
FURTHER LEVERAGE YOUR
STRENGTHS AND MANAGE SOME
OF THE LIMITATIONS WHICH MAY
BE HOLDING YOU BACK:**

While planning is a way to feel in control of situations, you also have noticed that it is constantly challenged, since life - with its countless variables - is too complex to be managed.

Do you experience frustration at times when things don't work out as you planned, or expected? How do you react? Do you let go of your plans and observe what the events are telling you, or do you use persistence and incremental efforts to stay on top of your planned course?

**/THOUGHTS TO PONDER WHEN YOU
CONSIDER THE SM:**

You may be wondering why planning is related to several key aspects for a sustainability mindset. The connection is not in the planning as an activity per se, but in the way we think and process information when we plan. Planning is about organizing and structuring in order to control outcomes. Planning is linear by definition -one step after the other - and it assumes cause-effect relationships. But what about multi-effects, multi-causes, and feedback loops?

Contrast this with the sustainability problems we are facing. To begin with, they are complex and multidimensional by their very nature. Many are the result of our linear thinking, for example we believe that we can pursue unlimited growth, yet depletion of natural resources shows us this is not possible.

Our reliance on the human mind can create a collective assumption that we are in control, but a “small” manifestation like Covid-19 arrives as a surprise to debunk the myth of our own superiority.

/HOW ABOUT YOU TRY:

Planning in itself is not the problem but rather, excessive reliance on carefully crafted steps. How do you incorporate the cycles of nature into your planning? As an example, do you accept phases of growth and decline - aging and impermanence, along with endings and mortality followed by new beginnings and birth? How do you incorporate humanity as part of Nature, rather than its controller?

Many implications to think about, indeed.

Here a few thoughts to ponder. Do you see yourself balanced in terms of making and letting go of plans? How do you balance structure and flow, organization and flexibility?

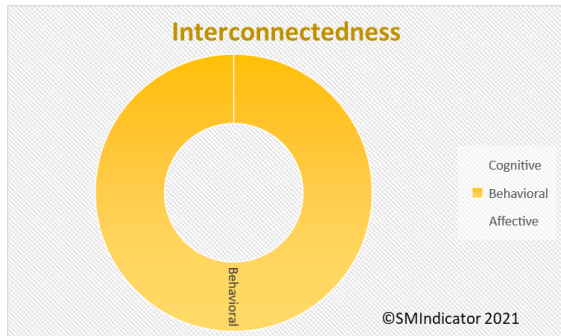
Relaxing your grip on plans may cause uncertainty, yet like swimming along with the river’s current, it can also increase your speed, and reduce the stress of resisting obstacles. Worth a try.

There are no linear processes in Nature: Everything flows in cycles of birth, growth, death, and rebirth.

Many aspects of man-made unsustainability of the planet are a result of the misconception that we are not governed by this law of Nature.



/WHAT IS ASSESSED HERE: HOW YOU UNDERSTAND AND EXPERIENCE INTERCONNECTEDNESS, VERSUS VALUES LIKE AUTONOMY AND INDEPENDENCE.



What this tells you:

This graph shows only one dimension – behavioral - indicating that you are action- oriented without much engagement of your feelings. You might use this information to explore your emotions.

We don't have enough data to report on your understanding about this aspect.

YOUR SMI RESPONSES INDICATE THAT you enjoy the adrenaline of the challenges that motivate you. The excitement of seeking to be successful, to win or to outperform others is a pleasant feeling for you.

Recognition may be a reward, but it is not always external: it can also be for your personal satisfaction and sense of accomplishment. You feel proud of your achievements and perceive them as a validation of your autonomy and personal capabilities in action. It is important for you to be self-sufficient as much as possible.

We cannot comment on how you think about this topic, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

Interestingly though, in your actions you actually see yourself as part of a larger whole, which may mean that you pay attention to the impact of your behaviors on others. This may create a certain tension, for example when you want to make progress on something, yet you also have to consult with others, for example stakeholders. How do you handle this tension?

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

You may not have given it much thought, but the polarities of independence vs. interconnectedness and competition vs. collaboration are of particular relevance when focusing on sustainability. To begin with, the environmental and social challenges are complex and multidimensional, making it impossible for any one person to solve on their own. It is only through collective thinking, action and the collaboration of multiple stakeholders that we will be able to develop alternatives. (This, by the way, makes sustainability a great opportunity for contributing personal skills to a larger cause).

While certain cultures have a collectivistic framework, most of the western-northern culture - widely exported and globalized - is individualistic and celebrates personal achievement. However, is this realistic and even feasible?

/HOW ABOUT YOU TRY:

Let's pause for a moment: Can you name one achievement that was purely and authentically

your own without another person playing any role in it?

We invite you to explore what success and autonomy mean for you. What are the roots of these values for you, perhaps in your upbringing or in your current context? Are they authentically a priority for you, or are they something automatically inherited, or adopted without giving it much thought?

When we see interconnectedness, we understand the importance of diversity, and our decisions and actions become more inclusive, which contributes to the sustainability of the whole.





/EMOTIONAL INTELLIGENCE

Understanding ourselves through the anchors of our identity, the pace of our life, and how we consider our intuitive wisdom are key for a sustainability mindset.

**/WHAT IS ASSESSED HERE:
HOW YOU INCORPORATE NON-
RATIONAL INFORMATION, INTUITIVE
KNOWING, CREATIVITY AND
IMAGINATION IN ORDER TO
BALANCE RATIONAL THINKING, AND
HOW YOU FEEL ABOUT IT.**



What this tells you:

If a graph shows the two dimensions - cognitive and behavioral - it means that your tendency is to distance yourself from your feelings, particularly in the aspect assessed here. You have a good understanding about it, and are acting upon it, but you might want to further explore your emotions in relation to it.

YOUR SMI RESPONSES INDICATE THAT you have a clear understanding of the value of combining your logical and analytical thinking abilities with creative imagination. You know that the human mind is capable of great accomplishments, as history has shown, when intuition and creative ideas are coupled with rational thinking and good strategies. You may even trust that our sustainability problems could be addressed with a good balance of these abilities.

You are quite comfortable in situations where you can contribute by putting your “creative hat” on, by being playful, by not preemptively censoring your ideas, and even tolerating the uncertainty of not knowing how something will work out.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

You seem able to live with a certain degree of risk-taking, and based on your answers, that worked well for you. How did that feel? Because your responses also reveal a personal preference for more structured situations, where you can think something through and craft some concrete strategies to implement a solution.

You indicate that you enjoy organizing reality into priorities, and when you can follow proven steps. Order is something you cherish, disliking the uncertainty of chaotic situations.

This must create some tension - between your need for order and strategic plans and your moments of unleashed imagination!

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

You know that the sustainability challenges we are facing are largely new, and as COVID-19 taught us, increasingly situations arise for which we don't have previous experience or science on which to rely. We have become more aware of this complexity of our challenges, and we are skeptical of simplistic solutions.

However this also requires entry into uncharted territories. Resilience calls for flexibility in adapting to new situations, and this entails innovating and experimenting, as you indicate you sometimes do. Definitely having no clear blueprints to follow may be disturbing, yet there are no choices but to take some risks. And fortunately you can handle them.

/HOW ABOUT YOU TRY:

This seems to be your current challenge: How can you feel a bit more comfortable bringing your rich creativity and risk acceptance into other situations? You have a very valuable asset in the ability to unleash your imagination. Can you imagine if you could fully enjoy and deploy it, letting go of any fears and concerns?

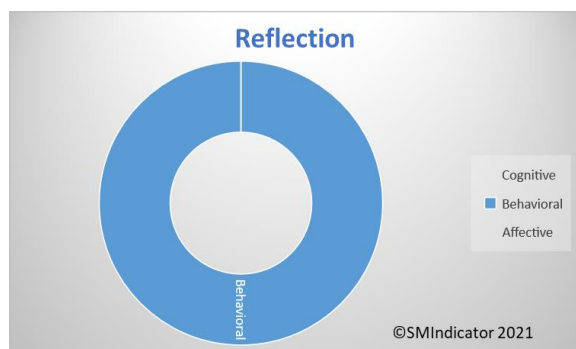
Here is a thought to ponder: What would have to be true and how can you influence this?

It seems that you have a reservoir of imagination and perhaps intuitive wisdom, which you are already tapping into. This may come at a personal cost, in the form of “what-ifs,” concerns and maybe even fears. But if you find ways learn to trust your intuition, you will flourish further and enjoy it more. This, complemented with your strategic thinking, will maximize your achievements for the benefit of all.

Resilience is based on constant creativity, innovation, and experimentation. When we neglect the non-rational wisdom we have in us, our solutions are missing critical information, and may create negative impacts on the ecosystem and society.



/WHAT IS ASSESSED HERE: HOW YOU NOTICE YOUR OWN PACE, AND HOW YOU BALANCE RAPID RESPONSE WITH MAKING TIME TO PONDER AND REFLECT BEFORE ACTING. AND HOW THIS MAKES YOU FEEL.



What this tells you:

This graph shows only one dimension – behavioral - indicating that you are action -oriented without necessarily connecting to your understanding about this aspect. You might use this information to seek ways to expand your comprehension of this topic. We don't have enough data to report on how you feel about this aspect.

YOUR SMI RESPONSES INDICATE THAT you are a true citizen of our times!

You see the importance of swift actions in a world that you believe is unforgiving of slow-movers. You know that the present day pace is fast or highly accelerated, depending upon who you ask.

Interestingly however, your questionnaire answers indicate that in your day-to-day you tend

to pause and seek to explore what might be at stake in a decision, or check the assumptions at play before acting. This behavior, seemingly at odds with your nature, must have given you good results in the past which reinforced it and now keeps you decelerating in critical moments. Congratulations if this is the case, since you are helping to avoid many problems in the future. A valuable and timely contribution!

We cannot comment on your feelings about this topic, since you indicated (by choosing "neither") that you did not find yourself represented by either of the available options.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Because we are looking at these aspects from the perspective of a sustainability mindset, let's pause and think about what behaviors might be most effective as well as much needed. While there is a call for urgent action about climate change and the related social and environmental problems, many modern sustainability challenges are actually the result of overlooked potential impacts.

For decades, well-intended decisions were largely made by quickly identifying the best option. But today we are understanding better that problems are complex, that solutions impact a multiplicity of future stakeholders, and that there are always consequences.

Of course, it is not possible to anticipate all scenarios, but pausing and checking assumptions can be very useful to avoid future problems.

For example, what can you learn to avoid or repeat from past experiences? Can you identify in hindsight, what was at stake? When we have more information we can better weigh alternatives.

All of this, as you well know, is at odds with speed. We cannot both act fast and ponder carefully.

The question becomes: Is decisiveness and fast action sometimes coming at an expensive price for you and others, us, the next generations, and the ecosystem?

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

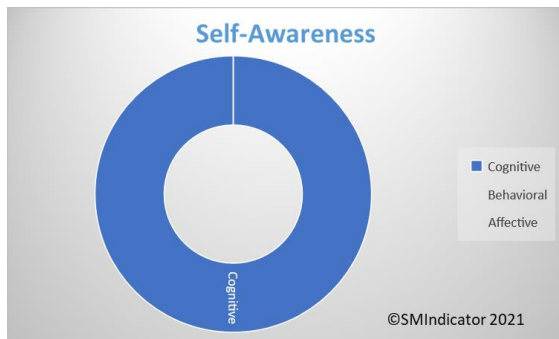
Does it ever happen to you that you wish you could relax more, slow down and do nothing? Does your body, your mind or perhaps your soul call for a break, less stress? What message may be there for you, waiting to be heard?

Food for thought!

Reflective practices help to pause, and to ponder the situation and its implications before jumping into action.



/WHAT IS ASSESSED HERE: HOW AWARE YOU ARE ABOUT THE ANCHORS OF YOUR IDENTITY AND YOUR VALUES; HOW YOU FEEL AND ACT IN CONSEQUENCE.



What this tells you:

This graph shows only one dimension – cognitive - meaning that you have an intellectual understanding about this aspect. You are not necessarily engaging your feelings nor converting them into actions. You might use this information to explore your emotions related to this aspect of the sustainability mindset, and perhaps find ways to convert your understanding into actions.

YOUR SMI RESPONSES INDICATE THAT you believe the paradigm we have long been living with is due for a revision, because values like growth and progress may be linked to an assumption of unlimited resources, which may not be realistic.

At the same time, you don't see any pragmatic alternatives at hand. Your selections in the questionnaire indicate that you are focused on addressing your many personal obligations and challenges, and you don't have the bandwidth to

entertain seemingly 'philosophical' concerns about the future of humanity, our personal or modern values, or the planet. You are aware that your views may not be "politically correct," but this is how you see things today.

You are well aware: Certainly, you are aware that there is an increasing trend to highlight the negative consequences of progress, of capitalism, or of society in general, and this seems to make you feel uncomfortable, even upset. It is possible that you, yourself, sense a personal tension between the gravity of what we are facing as humanity and your individual bewilderment about what you might actually do to help prevent or solve the problems. For example, you may feel that climate change is too complex to be attributed to our mere daily behaviors.

In addition, the tension may put into question the values with which you were raised or grew up, and this is likely an uncomfortable experience, particularly if these values have been important for you, or are an important part of your identity. For instance, achievement, competition, being a winner, not being a loser, and success may have been important foundations of who you are. You may wonder what makes them suddenly feel wrong!?

These may be difficult dilemmas for you right now.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Let's pause for a moment. This survey was designed around the Sustainability Mindset, which is a way of thinking and being, to optimally adapt to the moment in which we are living. This Mindset focuses on using our natural gifts to shape a better future, for ourselves and for all, the ecosystem included.

Research has proven that what may sound overwhelming, actually can be broken down into small, realistic ways to contribute to the greater good, and, as you well know, feel great at the same time. The first step is taking a fresh look at what surrounds us.

Undoubtedly, there are social and environment related challenges everywhere. Some happen locally, others across borders. Science has been linking many of these issues to human behaviors, such as consumption of unhealthy foods, depletion of natural resources, pollution or contamination of air, soil and water. And we are left to deal with the consequences today, trapped in a paradigm that prioritizes values that have a negative impact, such as thoughtless consumption.

But what if we would realize that some our habits today are (unintentionally) contributing to more of these problems in the future? And vice versa: What if a change in a small habit today could do its part to shape a better future?

/HOW ABOUT YOU TRY:

Can you think of a habit of yours that might qualify? We don't know what we can until we try. And when we put aside cynicism for a moment, we actually may feel a deep sense of joy. Sometimes we shift our values as a result of a new experience. Worth trying?

When we explore our personal values, beliefs, assumptions and motivations, we gain greater control over our actions and we can see new alternative behaviors.

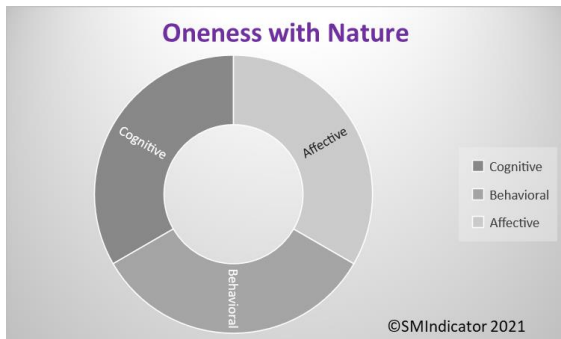




/SPIRITUAL INTELLIGENCE

The spiritual orientation to Nature, to ourselves and to others are key factors for a Sustainability Mindset, as they impact the quality of our actions.

**/WHAT IS ASSESSED HERE:
HOW YOU EXPERIENCE NATURE,
HOW YOU UNDERSTAND THE
HUMAN RELATIONSHIP WITH
NATURE, AND YOUR RELATED
FEELINGS AND BEHAVIORS.**



What this tells you:

When the graph is well balanced, it means that you have a good understanding of the aspect of the Sustainability Mindset being assessed, that you are able to connect with your feelings about it, and that you tend to act upon what you know and feel. This is a good start, and you might want to think about circumstances or contexts in which you would like to act more, understand better or further explore your feelings.

YOUR SMI RESPONSES INDICATE THAT you think of Nature as an experience that offers more wisdom than we can intellectually grasp.

You see the limitations of pure rationality, and realize that the intellectual capability is valuable for building scientific knowledge, but also frequently overstated. It is clear to you that over

time, the development of more precise measurement techniques or revolutionary thinking has revealed the myopic or biased conclusions of the past!

You are comfortable acting in ways that acknowledge a relationship characterized by respect and sensitivity toward other beings. Human achievements and improvements of our quality of life are worthy, yet in your behaviors you keep in mind that many have come at a cost for the environment or society, for which we are collectively paying that price.

/THINK ABOUT HOW YOU CAN FURTHER LEVERAGE YOUR STRENGTHS AND MANAGE SOME OF THE LIMITATIONS WHICH MAY BE HOLDING YOU BACK:

The human-centric paradigm that we collectively adopted and believe has begun to show some shortcomings, and you are frequently rethinking your place and role in the larger ecosystem before acting.

How do you manage the tensions of living in a context that mostly rewards rational thinking and intellectual capabilities?

Your caring behaviors for other beings or the ecosystem may be the result of some special moments, when you stood in awe admiring Nature, your heart perhaps filled with joy and some kind of wordless experience of beauty. The combination of your choices in this instrument seem to show that those powerful moments created an empathic disposition, which manifests in how you act, or at least try to act, in your day to day.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

Research has indicated that the experience of oneness with Nature has a direct connection to shaping a more sustainable society and planet. However you know this is not yet mainstream.

According to a 2018 United Nations study, over 55% of the world's population lives in urban areas, a proportion that is expected to increase to 68% by 2050. As a result, for many of us, the disconnection from Nature is rather "natural." Hectic life in large cities makes it difficult for us to remember that we are more than individuals moving through traffic and buildings.

Your heart knows the message: We need to re-connect with Nature and re-establish the experience of oneness that has been lost, causing not only spiritual alienation but also the artificial separation from the ecosystem. It has been found related not only to spiritual alienation, but is the root cause for many unsustainability behaviors.

When we understand something we start caring for it. Understanding that we are one with Nature is a sensorial, intuitive experience. It is not something to be learned, but rather something that we allow to occur, and which makes us remember the sense of oneness we have always known, but had forgotten.

/HOW ABOUT YOU TRY:

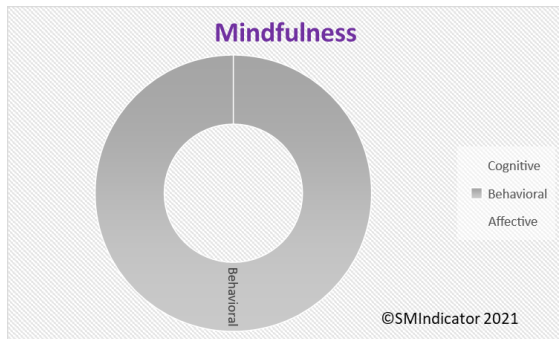
Do you realize that you are an ambassador of this worldview, perhaps not through what you say, but may be in your lifestyle decisions?

What are some areas in which you would like to express the sense of oneness a bit more? You can list a few goals that help you work towards them.

Understanding that we are one with Nature, a species within species, is a powerful spiritual experience that can shape behaviors leading to a more harmonious relationship with each other and all beings.



**/WHAT IS ASSESSED HERE:
HOW YOU THINK ABOUT THE
MEANING, ROLE AND VALUE OF
MINDFULNESS AND ITS PRACTICE,
AND HOW YOU FEEL ABOUT IT.**



What this tells you:

This graph shows only one dimension – behavioral - meaning that you are action- oriented, without much engagement of your feelings and without necessarily thinking about this aspect intellectually. You might use this information to seek ways to expand your understanding and explore your emotions.

YOUR SMI RESPONSES are quite intriguing! You indicate that you have discovered activities that quiet your mind, and help you gain some inner peace. You may not make these a regular practice, but when you engage in them, you can recognize the positive effect they have on your wellbeing.

At the same time, it seems quite challenging for you to make the time and space for these moments. You are very aware that society rewards action and its ensuing achievements, rather than inaction and passivity, which is kind of what mindfulness practice seems to you. You may be aware that other cultures have different behavioral patterns from the one in which you live, but you are cognizant of the importance of

adapting to the culture to which you belong. As the saying goes, “when in Rome do as the Romans do”.

**/THINK ABOUT HOW YOU CAN
LEVERAGE YOUR STRENGTHS AND
MANAGE SOME OF THE LIMITATIONS
WHICH MAY BE HOLDING YOU BACK:**

When our reality is challenging, it poses a high demand on our physical, emotional and psychological well-being, which we all try to manage in the best way we can. You seem, at times, to experience the tension and stress that comes with your demanding reality. You may notice it in your health, sleeping patterns, moods, or in how you relate to others as a result.

Sometimes you hear people say “you should do less, you should relax, you should take time for yourself”, and these suggestions may sound anywhere from unreal to ridiculous from your perspective, since you are the one living with the challenges. Of course you know what you ‘should’ do, but you are doing your best all the time.

It’s time to pause and ponder.

How can you better listen to what your body tells you, both through the tension and through the release when you allow yourself some of those activities that give you a moment of peace? Would you like to find a way to make your life easier, more satisfying or less stressful, perhaps?

Has it ever occurred to you that the fact that “everyone lives like this” may not necessarily make it ideal? Studies show the physical and emotional consequences of a constant focus on doing while overlooking the more profound dimensions of “being,” such as reflection, spiritual or religious practices, time to recharge and find ourselves, and time to connect with our deeper self.

/HOW ABOUT YOU TRY:

You have experienced it firsthand: when you allow some time to nurture this neglected part of yourself you realize the positive impact that small practices of slowing down have on your peace of mind, how you relate to others and even on your health. It may be as simple as going for a walk, listening to your preferred music, dancing, practicing a sport, playing with children or your pet, gardening or creating art.

There are even certain words that, just by thinking of them create an expansion in our heart, bringing positive feelings. From a biological perspective, they cause our system to release dopamine, the so-called happiness hormone. Can you think of some of these words? How do they make you feel? For starters, a small but powerful gift that you well deserve!

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

From the perspective of a sustainability mindset, mindfulness is both a key practice and an amazing result. Research has shown a direct link between individuals that have some contemplative practices not just with their physical and psychological health, but also with the emergence of feelings of empathy and compassion.

This creates a disposition towards positive social and environmental actions, and the resulting satisfaction feeds a positive reinforcing loop. In other words, the better we feel about something we've done, the more we seek to repeat the experience.

When we access and display a more balanced version of ourselves, we convey an unspoken message to the people with whom we interact, not just by what we say or how we behave, but through our attitude and energy. This has a proven positive influence on others, as science has identified with the phenomenon of "emotional contagion."

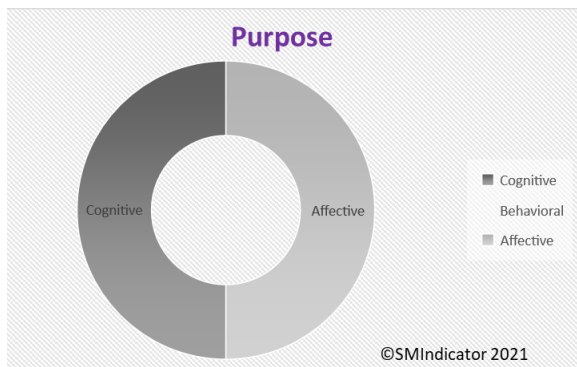
In other words, when we develop a sense of peace for ourselves, we are also radiating a gift of peace to the world.

Do you want to give it a try?

Mindfulness is being fully present, experiencing connectedness with all that is. Mindfulness enhances awareness and compassion, and predisposes to social and environmental actions.



**/WHAT IS ASSESSED HERE:
WHAT YOU THINK ABOUT HAVING A
PURPOSE IN LIFE, PARTICULARLY
SOMETHING THAT IS IN SERVICE TO
OTHERS; HOW THIS FITS YOUR
REALITY AND HOW YOU FEEL ABOUT
IT.**



What this tells you:

This graph shows that your approach to the assessed topic is both cognitive and affective, but you are not necessarily translating what you know and feel into actions. You might use this information to explore new habits and daily changes for a sustainability purpose.

YOUR SMI RESPONSES INDICATE THAT you think it is important to find a purpose in life, to identify something that, by making a difference, makes our life meaningful. It is not a good feeling for you not to have a meaningful life. And you wonder if you are on journey of seeking and finding answers to the question of “Why am I here?” This is a great question!

Indeed, for some the answer is clear and endures over time. For others, it changes and makes us seek renewed answers. When what you are doing no longer satisfies you, it is actually a great signal. The tension we feel indicates that something has

already begun to shift and we are on a path of further growth and transformation.

At the same time, you sense that you need to set priorities, and what is urgent needs attention before what sounds important, like thinking about what is our purpose in life.

Focusing is an important skill in times when there seem to be more obligations and things we are expected to take care of, than hours in a day. Work, family, relationships, career or health issues can use up all your available energy, often even leaving you with the feeling that nothing you do is enough.

When topics arise like contributing to society, you believe this may be something to do once your other obligations diminish and you free up some time, hopefully in retirement.

**/THINK ABOUT HOW YOU CAN
FURTHER LEVERAGE YOUR
STRENGTHS AND MANAGE SOME OF
THE LIMITATIONS WHICH MAY BE
HOLDING YOU BACK:**

This resolution doesn't fully satisfy you, which is actually a great start. When we sense a tension between what we are doing and what we would like, something has already started to shift and we are on a path of growth and transformation.

Research has shown that individuals who engage in activities of service to the community, volunteering or some kind of initiative for the greater good have a higher sense of wellbeing than those who do not. This includes benefits to health, feelings of joy, increased self-esteem, and personal satisfaction.

In contrast, you may have personally experienced that focusing on the extreme demands of your life sometimes takes a toll on your health, your mood, creating tension or anxiety, disrupts your sleep or

impacts how you interact with others. Perhaps at times, you don't feel happy with yourself or with others.

Have you asked yourself what you could do to feel better, to lower your stress? Perhaps you have, but the answer you found may have been that as long as your demands remain high, there is not much you can do.

/SO HERE, AGAIN, ARE SOME QUESTIONS TO EVALUATE:

Which of the activities that you engage in are a necessity, a "must-do," and which ones represent a choice? Who would do these activities if it were not you? What would it take to let go of some activities, or perhaps of "how" you do them?

These questions have an agenda: to help you free up some time and space to try out a different experience, one that consists of something you do for others outside your inner circle.

/THOUGHTS TO PONDER WHEN YOU CONSIDER THE SM:

The research regarding core aspects for a sustainability mindset identified the role of activities intentionally done for the "greater good." The state of our planet is such that it requires each of us to step up and play an active role in shaping a better world.

The actions needed, whether large or small, share a similar result: they provide us with a feeling of

joy, which then we want to replicate in order to feel good again, thus creating a reinforcing loop. Interestingly, we tend to think that we need to take care of ourselves first, before helping others, but the facts show that when we do small acts of kindness for others, we feel much better ourselves.

/HOW ABOUT YOU TRY:

With this in mind, what are some new experiments you can try? What are some different things for the greater good that you already did, and perhaps could repeat, do regularly, or improve? Which of your natural gifts and skills could you put into service for the greater good, in a cause for which you have a passion?

Don't get intimidated by grandiose words like 'changing the world' or having a life mission or purpose. In fact, each small action of kindness has already an impact that we may never be able to imagine. That is also changing the world, one interaction at a time.

Defining our purpose provides an unconscious compass, and when it is grounded in values of our higher self, we actively shape a better world.



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and provide us with a brief (1 min) Feedback.

Thank you!

